

WHAT IS CLAIMED IS:

1. A pharmaceutical composition for treating or preventing mood disorders, comprising theanine.

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2. The pharmaceutical composition according to claim 1, wherein a symptom of mood disorders is at least one symptom selected from the group consisting of depressed mood, feelings of guilt, suicide, retardation: psychomotor, and diminished insight according to the assessment method by the Hamilton scale.

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3. A food or beverage for ameliorating or preventing mood disorders, comprising theanine.

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4. Use of theanine for manufacture of the pharmaceutical composition of claim 1 or 2, or manufacture of the food or beverage of claim 3.